

### **Abstract**

The invention relates to a method for loading and unloading rail cars, wherein at least one car, having a car frame (40) and a car superstructure (1), is moved into a loading and unloading position, and:

- a) when unloading takes place, the car superstructure (1) is lifted off from the car frame by means of lifting devices (101, 111; 201, 221) to an unloading level, and after the lifting operation the car superstructure (1) is moved at the unloading level in a transverse direction with respect to a longitudinal plane (7) of the car until the car superstructure (1) is seated completely on a loading and unloading face (140), and
- b) when loading takes place, the car superstructure (1) is moved from the loading and unloading face (140) in a transverse direction with respect to the longitudinal plane (7) of the car to above the car frame (40) and the car superstructure (1) is lowered, by means of the lifting devices (101, 111; 201, 221), onto the car frame (40) which is located in the loading and unloading position,

wherein the lifting and the lowering of the car superstructures (1) is carried out by means of lifting devices (101, 111; 201, 221) which are anchored to the track bed or secured to a platform.

The invention also relates to a method for transferring cargo from a first train to a second train, a loading and/or unloading device, a car frame and a car superstructure.

(Fig. 22)